

small boxing handbook 4 by JJefArt
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Getting enormous amounts of stamina:

Run in soft beach sand

Run up and downhill on slopes and hills of around 50 to a 100 metres

Run up and downhill on sand slopes

If it gets too easy wear heavy shoes, army shoes for example

Holding the arms up extended

frontways or sideways try and get to 6 to 7 minutes

I know it is possible cause I've achieved it

And if it gets too easy start adding weights like 0.5 to 5 kilogram

Holding the 90 degree squat

Holding a 5 to 10 kilogram dumbbell in each hand holding up a gaurd

for 1 minute at first but than 2 to 3 minutes

If it gets easy start moving around a little

Do 100 to 300 non stop punches to the punching bag and really use the legs
so you feel the legs if you're done

Really get power:

If you want power train for power

You can make reps and sets yourself or chose one of the below

2x3x3 power punches against the boxing bag

2x2x5 power punches against the boxing bag

5x1 hardest power punch against the boxing bag

Take small intervals from 20 seconds to 1 minute between sets

You can also do 2x4x2 and do 2 power jabs and 2 power punches completing 2 sets

Do powerpunch combinations for example 3 hardest punches in one combination

Also important later is to do for example 2 normal punches and than one powerpunch

Olympic weightlifting can also be done especially the hang clean and hang snatch and jerks

Really get speed:

If you want speed train for speed

You can make reps and sets yourself or chose one of the below

Do 2x3x3 speed punches

Do 2x2x5 speed punches

Do 5x1 Fastest speed punch

You can also do 2x4x2 and do 2 power jabs and 2 power punches completing 2 sets

Do speed punch combinations for example 5 combinations with 20-30 seconds rest

Do sprint and sprint starts

Do uphill sprints

Use the agility ladder

Note that speed and power training is totally different from stamina training

But you need all of them so balance it out

And also train them all together

Rythem:

Jump rope, speed ball, double end ball can be done and used to get rythem

If you can disturb your opponents rythem victory is closer

If you can pull an opponent to your rhythm victory is closer

If you can get an opponent off balance victory is closer

If you're an observant or technical fighter find weaknesses and openings and habits as soon as possible

A true mix of styles or the switching of styles

A true mix of styles:

a true mix of styles can for example be

brawler-in fighter or tank-search and destroy or tank-counter puncher

The switching of styles:

For example start with outfighting and observing but afterwards change to infighting

Or a balanced medium range style and then switching to brawling when you don't have enough points and or in the hope to score a knock out

Tank style conserves and restores a lot of energy

which is in turn used for very hard and powerful knock out punches

Some brawlers really have that ability to take punches and not to be afraid to get hit

The more out of stamina a brawler is the sloppier the exchanges get

Brawler technique disrupt an opponent's rhythm or get him off balance by pulling him or forcing him into brawling

A brawler with good footwork rhythm and some kind of a strategy is more of a mix between a brawler and an infighter

Note that there is a difference between a brawler (style) and a brawl

Brawls happen all the time mostly with sloppy exchanges and normally it happens when a fighter is getting hopeless or desperate or is out of other options and out of time

Tip:

Guard and guard see the opening and go

Evade evade see the opening and go

Another speedball exercise

1 right 3 bounces 1 right 3 bounces 1 left 3 bounces 1 left 3 bounces

1 right 1 bounce 1 right 1 bounce 1 left 1 bounce 1 left 1 bounce

Tip:

Watch and learn

If you're a technical fighter watch a match and think of what you should do

If you're an observant fighter watch a match and find weaknesses and habits as soon as possible

If you want to become a trainer or are a trainer you could try and find out what your chosen fighter is doing wrong or could do better and how he could defeat his opponent Find weaknesses and openings and habits